10 Proactive Steps to Help Your Liver

January 15, 2020 By Connie M. Welch

You can start this year on the right foot beginning with 10 proactive steps for your health and well-being. If you've been diagnosed with Hepatitis C or another liver condition, there are steps you can take to help your liver.

1. No alcohol. Stop further damage from occurring. Alcohol for someone with liver disease is like throwing gasoline on a fire. It's NOT worth it. See Alcohol and Hepatitis C.
2. Healthy diet. Eliminate processed foods. Limit sugar, and unhealthy fats. Eat whole healthy foods, with lots of fresh vegetables, fruits, whole grains, nuts, seeds, low-fat protein. Drinks lots of pure water. See this article for more diet suggestions: 12 Healthy Diet Tips for Hepatitis C and Liver Disease.
3. Exercise. Exercise plays an important role in liver health and boost's the immune system. Regular exercise will increase energy levels, decrease stress, along with a healthy diet, no alcohol, and managing medications can help reduce stress on the liver.

Your energy levels can be boosted even by 10 to 15 minutes of low impact exercise like walking. Start with small blocks of time like 10 to 15 minutes and continue to add extra minutes and build your momentum.

Small changes make big differences! Consistent low-impact exercise with a healthy diet is proven to lower excess weight along with great health benefits and helps avoid fatty liver disease. Powerful proactive steps lead to better health.

4. Manage your medications. Everything you take in is processed by your liver, no matter if you eat it, drink it, breathe it or skin contact. Managing your medications is smart and proactive to help your liver.

Talk to your physician and pharmacist about what medications have adverse side effects on the liver and how to best manage any medications, vitamins, or supplements you take, prescription or over the counter.

5. Avoid environmental pollutants/toxins. Toxins can injure liver cells. Avoid direct contact with chemicals from harsh cleaning products, insecticides, fumes from paint thinners and aerosol sprays. DO NOT smoke. Avoid secondhand smoke also. Powerful action will help your liver.
6. A positive attitude with a can-do spirit affects every part of your life and is a vital tool for good health. A depressive state can chemically affect your health and suppress your immune system,

leaving you at greater risk for infections and other health issues. See your doctor if you are experiencing depression, problems with anxiety or insomnia.

7. A support system is an important tool to help you mentally and emotionally. Good support systems can include family, friends, church, healthcare team and support from others who share the same liver disease.

Join our weekly online support group, Hep C Warriors Friday Forum Support Group, you will connect to others who care and understand what you are going through.

A connection with others is good for your health and well-being. For more information on support and resources see our listing on top of our website: Resource & Support.

8. See your doctor for regular physical exams and tests. Write down questions about your liver condition and care. Talk to your doctor about hep C treatment options for your Hep C type and liver condition.

Don't be afraid to get a second opinion if you don't feel right about their advice. You have the right as a patient to get answers to your questions, copies to all your medical records and be treated kindly and with care. See this article for more information about Turning a Bad Experience Into Good.

9. Treatment for hepatitis C. There are more treatment options available than ever before. New treatments for hepatitis C are greatly improved with higher cure rates, lower side effects and less treatment time. See Hep C Treatment Medications.

Talk to your doctor about which hep C treatment is best suited for your liver condition. If you do not have insurance or been denied by your insurance company, take heart, there are steps you can take toward treatment.

See our website Patient Assistant Programs resource listing, under Medical Information.

10. Faith, God's word, and the power of prayer. Having a personal relationship with Jesus Christ makes the difference in life. He is our Lifeline. Reading and meditating on God's Word (the Bible) daily transforms and equips us for victoriously living.

Praying and receiving prayer support develops a deeper relationship and connection to God and others that are life-changing. Simply put, faith, the Bible, and prayer change who we are and empower us to live beyond our circumstances. Nothing else in life can have a greater impact on how we live.

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